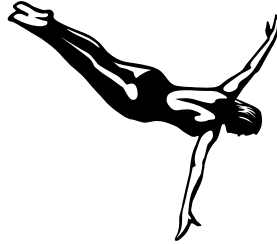


Hidden Hollow's 32nd Annual Springboard and Platform Diving Invitational

Sunday, June 30th, 2019



Springboard and Platform Diving

New 1 and 3 meters boards!

8:00 am Warm up

9:00 am Start

<u>Age</u>	<u>Platform</u>	<u>Springboard</u>
10 & under	3 dives	3 dives

Age 10 and under -Front/ Back Jumps accepted DD 1.0

<u>Age</u>	<u>Platform</u>	<u>Springboard</u>
11-14	3 dives	4 dives
15-18	3 dives	5 dives
19 & over	3 dives	5 dives

Springboard first dive: 1.9 or lower (may repeat first category)

Platform: Front Dive required

Awards

Springboard - Top 5 Men & Women in each age group

Platform - Top 3 Men & Women in each age group

Registration

1 event \$15.00 2 events \$20.00

Practice open 6-8 PM, Saturday June 29th

All Participants must sign a disclaimer

Open to Public: Non-swimmers Admission \$1.00

Swimmers must pay guest fees

Food Concessions available

Parent or coach **MUST** be present during practice.

Phone: 610-566-9860 Dive@linvilla.com www.Linvilla.com